

Photo by Don Ewing

Boofest, a Halloween festival at Bellows Air Force Station, included a costume contest, food, face painting and rides. The eighth annual event served as a way

for Bellows AFS to give monies made throughout the year back to the local military community. About 3,500 people attended the event, Friday and Saturday.



Photo by Tech. Sgt. Mysti Bicoy

Hayli Bicoy, daughter of Tech. Sgt. Mysti Bicoy, 13th Air Force protocol, jumps on the boogedy bungee trampoline at Boofest.



JoJo Dial, daughter of Capt. Nicholl Dial, 15th Airlift Wing, dressed as a lady bug for the costume contest, part of the largest Halloween event on the island.

Courtesy photo



Photo by Don Ewing

Boofest also featured a rock wall of terror.



Photo by Don Ewing

The event included the bungee trampoline and other activities.



Photo by Don Ewing

Col. JJ Torres, 15th Airlift Wing commander, dressed as Elvis and his wife, Irene, dressed as a witch, pose with the costume contest winners.



# Crossword Puzzle: Pre Operations

By **Capt. Tony Wickman**  
71st Flying Training Wing  
Public Affairs

**ACROSS**

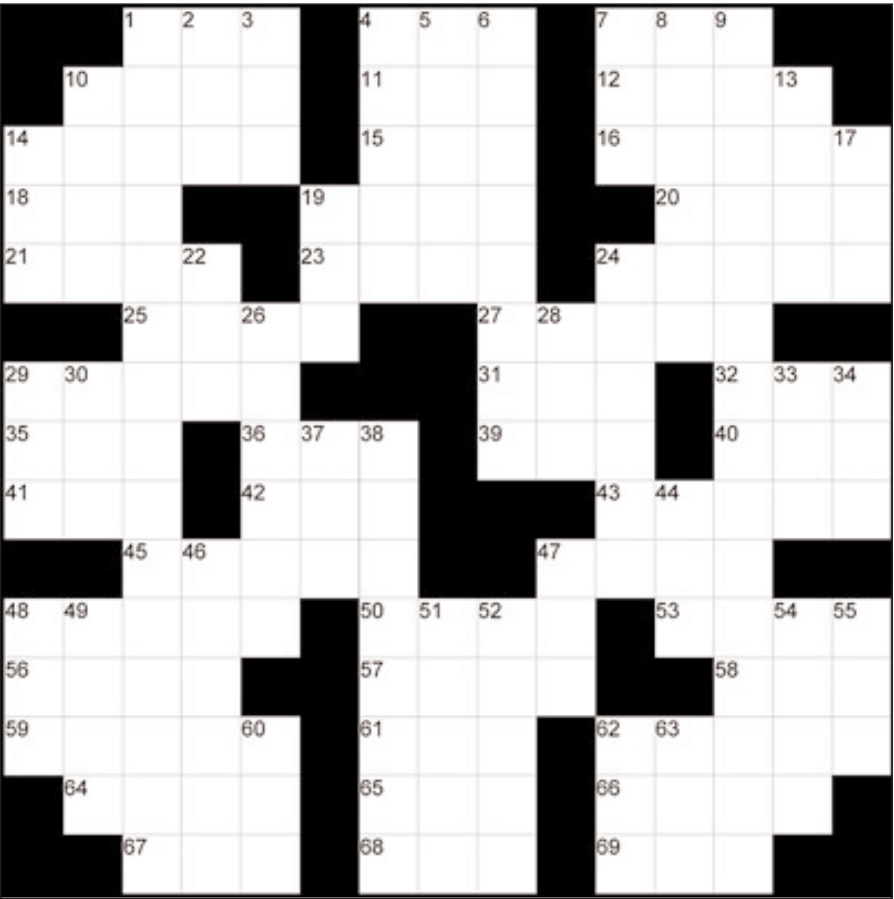
- 1. Actress Thurman
- 4. Committee formed to raise money for pol. candidates
- 7. Acronym for operation begun in September 2001
- 10. Apple music player
- 11. Former ACC commander, acting CSAF
- 12. Competent
- 14. Chief \_\_\_\_; Cleveland Indians mascot
- 15. Mistake
- 16. Payable immediately (two words)
- 18. Gone by
- 19. Mil. travel organization
- 20. Used to express dissatisfaction or annoyance (var.)
- 21. Joint US-UK operation to tap into Soviet landlines in Berlin
- 23. First man
- 24. Many-stringed lute of northern India
- 25. Ring
- 27. Operation \_\_\_\_ Freedom; military op launched March 19, 2003
- 29. Methods of doing
- 31. Bill or check
- 32. Capture
- 35. We \_\_ the Champions
- 36. Premier cable station

- 39. Hurricane center
- 40. Large African antelope
- 41. Rep. opponent
- 42. Gun the motor
- 43. Water transports
- 45. Lecture
- 47. Former Russian ruler
- 48. \_\_\_\_ razor; reductionist philosophy of nominalism
- 50. Philbin co-host
- 53. USAF MAJCOM
- 56. Lawn
- 57. Bank offering
- 58. All \_\_\_\_; acutely attentive
- 59. Walking stick
- 61. Giant great Mel
- 62. Expressive of sorrow or unhappiness
- 64. Perry Mason writer \_\_\_\_ Stanley Gardner
- 65. Norma \_\_\_\_
- 66. Wildly
- 67. Cypress
- 68. Mil. telephone system
- 69. Sweet potato

**DOWN**

- 1. US military operation in Haiti (1994)
- 2. Cow sound
- 3. Commotion
- 4. Beg
- 5. Large artery
- 6. Operation \_\_\_\_; surprise amphibious landing at Inchon (1950)
- 7. USAF criminal investigators

- 8. NYSE competitor
- 9. Operation launched Oct. 7, 2001 and continues today
- 10. Shakespeare villain
- 13. EU currency
- 14. Move briskly and repeatedly from side to side
- 17. Terminate
- 19. Actor Mineo
- 22. Expire
- 24. Swords
- 26. Secluded Hindu religious community
- 28. Singer Charles
- 29. Angry
- 30. Mining goal
- 33. Picnic pest
- 34. School transport
- 37. Wager
- 38. Operation \_\_\_\_; Invasion of Normandy (1944)
- 44. Auto club
- 46. Lottery
- 47. The Joy Luck Club author Amy
- 48. USAF commissioning source
- 49. Adorable
- 51. Greek letters
- 52. Plate or shallow dish; artifact from ancient civilization
- 54. Gab
- 55. Weep
- 60. Hardly any
- 62. Assert
- 63. Dr.'s org.



## CHAPEL

*Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.*

**PROTESTANT**

Nelles Chapel  
Sunday Contemporary Service  
8:30 a.m.  
Sunday Gospel Worship 11:15 a.m.  
Sunday Praise Gathering 5:30 p.m.  
Chapel Center  
Sunday Traditional 8:30 a.m.

**JEWISH**

Aloha Jewish Chapel,  
Pearl Harbor – 473-0050  
Jewish Lay Leader Mr. David  
Bender 527-5877  
Naval Station Chapel – 473-3971

**CATHOLIC**

Nelles Chapel  
Weekday Mass 11:30 a.m.  
Saturday Confessions  
4:15 p.m.  
Saturday Mass 5 p.m.  
Chapel Center  
Sunday Mass 10 a.m.

**BUDDHIST**

Honpa Hongwanji Hawaii Betsuin  
A Shin Buddhist Temple –  
536-7044

**ORTHODOX**

For more information,  
call 438-6687

**ISLAMIC**

Friday Congregational  
Service  
(1935 Aleo Place, Punahou)  
1 p.m.  
Muslim Association of Hawaii  
947-6263

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Today, Saturday, 7 p.m.

**Crank** – Chev Chelios is about to begin his morning with an unexpected wake-up call. Groggy, practically unable to move and with a hearth that's barely beating, he



sleep and only has an hour to live. As it turns out, Chev is a hit man who freelances for a major West Coast syndicate. Starring Jason Statham and Amy Smart. Rated R for strong violence, pervasive language, sexual-ity, nudity and drug use - 83 min.

Sunday, Wednesday 7 p.m.



**The Last Kiss** – A contempo-rary come-dy-drama about life, love, infi-

delity, forgiveness, marriage, friendship... and coming to grips with turning 30. Starring Zach Braff and Jacinda Barrett. Rated R for sexuality, nudity and lan-guage - 104 min.

Thursday, 7 p.m.

**Hollywoodland** – June 16, 1959. The glamour of Tinseltown permanently fades for actor George Reeves, the hero-ic Man of Steel on TV's “Adventures of Superman,”



as the actor dies in Hollywood Hills home. Felled by a single gun-s h o t wound, Reeves leaves behind a fiance'e-aspiring starlet Lenore Lemmon-and millions of fans who are shocked by his death. But it is his grieving mother, Helen Bessolo, who will not let the questionable circumstances surrounding his demise go unaddressed. Starring Adrien Brody and Diane Lane. Rated R for language, some violence, and sexual content - 126 min.

SUDOKU

Puzzle created by  
Staff Sgt. Sarah Kinsman  
For solution, see SUDOKU, B5

9		8	2	7			4	
					9			
3								6
	9				2			7
8		7		1		6		5
4			3				9	
5								9
			5					
	6			4	3	8		2

SOLUTION, From B2

	U	M	A		P	A	C		O	N	E				
	I	P	O	D		L	O	H		S	A	N	E		
W	A	H	O	O		E	R	R		I	S	D	U	E	
A	G	O		S	A	T	O				D	U	R	N	
G	O	L	D		A	D	A	M		S	A	R	O	D	
		D	I	A	L				I	R	A	Q	I		
M	O	D	E	S			T	A	B		N	A	B		
A	R	E		H	B	O		E	Y	E		G	N	U	
D	E	M		R	E	V					R	A	F	T	S
		O	R	A	T	E			T	S	A	R			
O	C	C	A	M		R	I	P	A		A	E	T	C	
T	U	R	F			L	O	A	N			E	A	R	
S	T	A	F	F		O	T	T		S	A	D	L	Y	
	E	R	L	E		R	A	E		A	M	O	K		
	Y	E	W			D	S	N		Y	A	M			

A Great Day

Jenny



A comic strip about life as a military spouse. Copyright Julie L. Negron

# Hispanic Heritage Month celebration



Staff. Sgt. Maria Perrin, 25th Air Support Operations Squadron, performs a Mexican folkloric dance from Guadalajara Jalisco, Mexico for those in attendance.



T o p : A m a d a Perez, childrens book author, reads her book to the attendees at the Hispanic Heritage Month celebration Picnic, Saturday.



Left: Ms. Perez signs a copy of her book for Col. JJ Torres, 15th Airlift Wing Commander.



Laura Hinojosa, wife of Tech. Sgt. Adrian Hinojosa, 51st Civil Engineer Squadron, performs the traditional dance during the celebration.

## SPORTS SHORTS

**Football Frenzy** – Football Frenzy has made a touchdown at J.R. Rockers at the Enlisted Club. Club Members of all ranks can fill out an entry form for a chance to win a trip to the Super Bowl.

Sunday games will be shown at 7 a.m., 10:15 a.m. and 2:15 p.m. Monday games are at 1 p.m. and 4:15 p.m. For more information, call 448-2271.

**Youth basketball registration** – Youth basketball registration continues through Nov. 10. Practice begins Dec. 4 and the season starts Jan. 6. Kids born between 1990 and 2001 are eligible to join and

must have a current physical and birth certificate.

The cost is \$65 per child plus a \$25 membership fee. For more information, call 448-2296.

**Softball registration** – Registration for the spring season of girls’ softball for girls ages 5 to 14 runs from November 27 through Dec. 22. For more information, contact Youth Sports at 448-4492.

**Windsurfing day at Hickam Harbor** – Glide above the surf with the freedom of the wind. Learn to windsurf at Hickam Harbor.

Instructors will give demonstrations and lessons Saturday from 9:30 to 11:30 a.m., 1 to 3 p.m. and 3:30 to 5:30 pm. The \$20 fee includes two hours of instruction, rental and safety gear. Limited space is available, so call 449-5215 for reservations.

**Free ladies’ golf clinic** – Gather the gals together for this free ladies’ golf course from 4 to 4:45 p.m. Oct. 27. at Mamala Bay.

The clinic is limited to the first 12 women golfers who register by calling 449-6490 or e-mailing MamalaBayTee-Time@hickam.af.mil. Indicate a right or left-handed preference.

## SUDOKU, From B4

9	1	8	2	7	6	5	4	3
7	5	6	4	3	9	2	8	1
3	4	2	1	8	5	9	7	6
6	9	1	8	5	2	4	3	7
8	3	7	9	1	4	6	2	5
4	2	5	3	6	7	1	9	8
5	7	4	6	2	8	3	1	9
2	8	3	5	9	1	7	6	4
1	6	9	7	4	3	8	5	2



# Personal training has many benefits

**Story and photos by Kirsten Tacker**  
Kukini Photojournalist

As an additional service of the fitness center, personal trainers will work with a beginner all the way to a professional athlete to help them meet their goals.

There is a nominal fee of \$30 an hour, but there are discounted rates for a package of 10, a total savings of \$50 or \$5 each session.

The first session is to assess the person and pinpoint their needs including goals with the personal trainer.

“For somebody to come in to ask for a personal trainer, they would benefit a lot,” said Master Sgt. Benny Miguel, 15th Services Squadron. “It is the overall benefit they will gain. It’s a win, win situation. They learn how to exercise, change their behavior and through education they learn a lot more.”

In the first meeting with their personal trainer a client is assessed, which includes blood pressure, height, weight and basic information about their health.

A session with a personal trainer lasts for an hour, typically in the initial session a person asks at what level should they train.

“We respond depending upon the person’s fitness level, activity and lifestyle,” said Sergeant Miguel. “We will make an adjustment of how we should train this individual once we determine that this person is healthy.”

Next an appointment is set up for the individual’s first workout.

“It is almost like an interview process, where we have to get to know the person and their lifestyle including nutrition,” said Sergeant Miguel. “We gather the information and we’ll come up with a plan.”

The plan includes the type of exercises, how long and how often this individual should be seeing a personal trainer.

“It can be unlimited, but what we normally suggest to our clients is we can get them started with our supervision,” said Sergeant Miguel. “For most people usually it takes four to six sessions before they grasp all the techniques. They can then go off and do it on their own and make another appointment for follow-up.”

Teaching individuals to do it on their own is vital, since the fitness center resides on a military base and deployments and permanent change of station occur regularly.

“They need to know how to take it with them,” said Victoria Guarriello, fitness trainer who’s a black belt in karate and was an all-state gymnast. “That is what is interesting about being on a military base.”

Sergeant Miguel’s main concern is he wants to make sure everything is done with safety in mind, while the client is learning how to eventually work out alone.

“Personal trainers have to look, listen and feel when they’re training someone,” said Sergeant Miguel. “Too often a client will say they are feeling okay, but they’re actually trying to push themselves.”

By looking for discoloration of the face, body

twitching or being cold and clammy, signals the trainer they’re pushing themselves.

“This happens infrequently, that is why we are very careful,” said Sergeant Miguel. “That is my number one concern, the safety of our client.”

Sergeant Miguel also wants to make sure the personal trainers stay focused with their clients and that the clients truly understand everything they’re being taught.

“It is always easy to

make someone do things, but ask them to repeat it, they can’t,” said Sergeant Miguel. “It is through teaching and reassuring that the client can grasp the technique.”

Individuals are educated while working with a personal trainer. Ms. Guarriello shares her knowledge with her clients and will refer them to books, so they can further educate themselves regarding matters related to their personal goals.

“We are teaching them how to exercise and we’re trying to educate them,” said Sergeant Miguel. “The more that they know about exercise, nutrition and wellness they are better off.”

For seasoned athletes, those just starting out and everything in between, hiring a personal trainer has the above rewards.

“Another advantage of having a personal trainer as an athlete, you can improve within your sport,” said Sergeant Miguel. “If you are volleyball player and want to improve your vertical jump. If you are a basketball player, who wants to improve their speed and agility or a body builder wanting to improve your physique, our personal trainers are well rounded. They can help you improve in different areas. That is why it is so beneficial to talk to a trainer when it comes to exercises and performance.”

“We will get you past your plateau or over your hump,” said Ms. Guarriello. “I would say just come and try it. If you’ve never tried it, you might be pleasantly surprised. Let a trained, separate set of eyes look at your form and improve what you already know.”



**Laura Miller performs hip extensions under the supervision of Benny Miguel, personal trainer at the fitness center.**



**Clockwise from top: Victoria Guarriello, personal trainer at the fitness center, works with Glen Hayase to achieve his fitness goals.**

**Ashley Hromyak does forward lunges as Benny Miguel supervises.**

**Laura Miller works her shoulders at the fitness center. She is training to compete in the Paradise Cup fitness competition.**

**Ashley Hromyak has been working with Mr. Miguel to revamp her diet and exercise program and boost her physical fitness level.**





# Team Hickam Pick ‘Em



90 - 54

86 - 58

Team Roster	Jackson-ville vs. Houston	New England vs. Buffalo	Phila-delphia vs. Tampa Bay	Pittsburgh vs. Atlanta	Arizona vs. Oakland	Minnesota vs. Seattle	Washing-ton vs. Indian-apolis	N.Y. Giants vs. Dallas	Records	
									Last week	To date
Col. J.J. Torres 15th AW/CC	Jackson-ville	New England	Phila-delphia	Atlanta	Arizona	Seattle	Indian-apolis	Dallas	7-1	27-21
Lt. Col. Lewis Carlisle 352nd IOS/CC	Jackson-ville	New England	Phila-delphia	Atlanta	Arizona	Seattle	Indian-apolis	Dallas	3-5	28-20
Capt. Brian Moritz 535th AS	Jackson-ville	New England	Phila-delphia	Atlanta	Arizona	Seattle	Indian-apolis	Dallas	5-3	31-17
CMSgt. Robert Wyman 692nd IG	Jackson-ville	New England	Phila-delphia	Pittsburgh	Arizona	Seattle	Indian-apolis	Dallas	7-1	35-13
TSgt. Youlanda Grant 15th AW/CCA	Jackson-ville	New England	Phila-delphia	Pittsburgh	Arizona	Seattle	Indian-apolis	Dallas	5-3	29-19
SrA Jeff Galdikas 15th CES	Jackson-ville	New England	Phila-delphia	Atlanta	Arizona	Seattle	Indian-apolis	Dallas	4-4	26-22



TEAM HICKAM NFL CHALLENGE

